



ARBenefits

Monthly E-Newsletter

Submitting PCP Forms Through E-mail

Employees and covered spouses who utilize their own physician to complete their wellness screening as part of the ARBenefits Wellness Program must submit a completed ARBenefits Primary Care Provider Form to EBD by **10/31/19**.

To aid with the submission of PCP Forms, an e-mail inbox has been created. Those who wish to submit their PCP Form through e-mail can send it to healthservices@dfa.arkansas.gov.

2020 PREMIUMS ESTABLISHED BY THE BOARD

The Arkansas State and Public School Life and Health Insurance Board met June 18 and set rates for the 2020 plan year.

For the Arkansas State Employee (ASE) group, the Board elected to impose a five (5) percent increase on premiums for 2020. This includes all ASE employee and retiree plans.

The increase will go in to effect 1/1/2020.

The Board elected to not impose a rate increase for Public School employee and

retiree plans.

The wellness discount amount for active employees remains the same for 2020.

As long as the covered active employee and any covered spouse complete the program requirements by 10/31/19, the employee will pay \$75 less per month for their 2020 premiums.

For members who would like to make coverage changes, health insurance open enrollment for the 2020 plan year is set for October 1-31, 2019.



Six tips for summer sun safety!

Keep cool and safe this summer with these six *health* tips. **Hydrate** with water—drink one-half your weight (in ounces) – throughout the day. **Eat** small meals, mostly vegetables and fruit, for more hydration and nutrients. **Apply** sunscreen every hour or two if you're swimming or planning other outdoor activities. **Lighten-up** on your clothing, by wearing light-colored clothes to reflect the heat, and lightweight clothes that allow your skin to breathe. **Time** your sun exposure; the fairer your complexion, the less time you should spend in the sun. **Heed** weather advisories in your area to stay a step ahead of the summer heat.

Brought to you by  **Health Advantage**
An Independent Licensee of the Blue Cross and Blue Shield Association

Are you a retired member, or thinking of retiring within the next 12 months?

EBD Retirement Benefits Fair
Monday, July 29, 2019
10 a.m. - 1 p.m.

Dept. of Arkansas Heritage
1100 North St.
Little Rock, AR 72201

If you would like to attend, please send an RSVP to
AskEBD@dfa.arkansas.gov.

The event will feature a presentation at the top of each hour along with the following agencies and vendors on hand:

EBD	Arkansas Diamond	Social Security
APERS	Securian	ASEA
ATRS	ARSEBA	ARTA



Online Tobacco Cessation Reminder

For active employees and covered spouses who test positive for nicotine during their wellness screening who decide to complete the online tobacco cessation program, there are a couple of things to keep in mind.

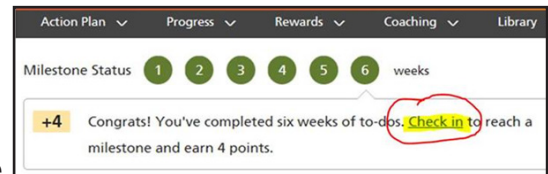
The online cessation program is accessed through the Health Advantage My Blueprint portal at healthadvantage-hmo.com/myblueprint.

The online tobacco cessation

program is a six-week program that must be completed by **October 31, 2019**. To be able to complete the requirement by the deadline, the member must start the online program no later than **September 19**.

Also, when a member finishes the program they need to make sure to click the "Check in" link on the final page so EBD can receive the report that the member has completed the program.

For assistance with the online tobacco cessation program, members can contact Health Advantage at 1-800-482-8416. A guide is also available in the [Health Enhancements](#) section at www.ARBenefits.org.



Protecting Children from HPV Cancers

Human papillomavirus, or HPV, is a common virus. In fact, most people will catch HPV at some point in their lives and not know it. While HPV can go away without lasting health problems, HPV infections can also result in six different types of cancer later in life in both men and women.

Each year, 33,000 men and women are diagnosed with cancers caused by HPV.

There is no way to tell which HPV infections will lead to cancer. However, making sure children receive the HPV vaccine is the most important step in preventing HPV caused cancers.

The HPV vaccine can help prevent 90 percent of HPV cancers if the child received the vaccine prior to being exposed to the virus.

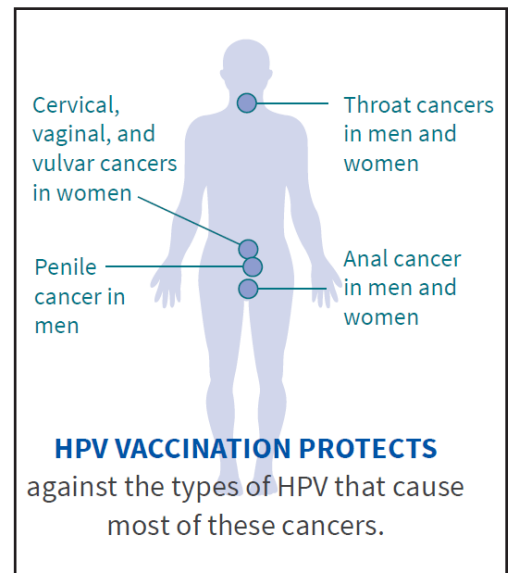
While the HPV vaccine can be started as early as age 9, the recommended age to start the vaccine in boys and girls is ages 11 or 12. It is recommended that the two-shot vaccine, with the doses coming between 6-12 months apart, be completed by age 13.

While vaccinations can still be effective after the recommended age, prevention decreases the longer the person goes without vaccination. Those between the ages of 15-45 need a third shot for of the vaccine.

Members can talk to their child's physician regarding the HPV vaccine.

Also, to learn more about HPV and the HPV vaccine, visit www.cancer.org/hpv.

The ARBenefits plan pays 100 percent of the cost for HPV vaccination for covered members ages 9-45.





Managing Chronic Conditions With Health Advantage

Managing a chronic condition can be complex and frustrating. However, Members and their dependents with chronic conditions do not have to manage them alone.

What is chronic condition management?

The Health Advantage chronic condition management program is designed to aid members and their dependents manage certain conditions such as Diabetes, Asthma and more.

The goal of the program is to listen to the member and understand their healthcare needs and concerns in order to help them manage their condition.

Who is eligible to participate?

Chronic condition management through Health Advantage is available to all ARBenefits members and their dependents at no additional cost.

What services are provided?

Once enrolled, Health Advantage will work with the member to set goals and manage conditions by:

- Providing educational materials to help you develop self-management skills.
- Follow-up phone calls to help the member reach their goals for chronic condition management.
- Providing a toll-free telephone number that the member can call for answers to questions apart from scheduled calls with an R.N.

- Discussing care with the member's doctor, with the member's permission.
- Helping members find helpful community resources (like support groups, assistance with medication expenses, etc.)
- Providing education on healthy living.

Members who have been diagnosed with one of the listed conditions, can contact Health Advantage at 1-800-482-8416 to enroll or learn more about the program.

Members may also be contacted by a registered nurse with Health Advantage to join the program.

More information is available by clicking [here](#).



Chronic condition management can improve your quality of life.

The hot sun rays and longer days of summer are a welcome arrival for many. Flowers are blooming, pools are packed and seasonal produce are plentiful. However, for 45 percent of Americans living with one or more chronic conditions, summertime is a season for caution. The heat and sun can worsen chronic conditions like coronary artery disease (CAD), asthma, congestive heart failure, Chronic obstructive pulmonary disease (COPD) and diabetes. Your ARBenefits health plan provides chronic condition management. Registered nurses can help members understand and manage chronic conditions so you can enjoy a better quality of life. Call **1-800-482-6416** to enroll or go online at **healthadvantage-hmo.com** to learn more.



Conditions Where Chronic Condition Management is Available

Chronic condition management is available to all ARBenefits members who with one of the conditions below:

- Diabetes (adult and youth)
- Asthma (adult and youth)
- Congestive Heart Failure (CHF)
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease

Management for each of the listed conditions will include teaching topics such as cause and treatment, smoking cessation, exercise, weight management and tips for talking with your doctor.



Forget the Caffeine, Here's What You Need to Rise and Shine

If you've browsed the shelves at a health-food store, you've probably seen the super vitamins, grape seed extract and other tablets and tonics that promise renewed zest and energy.

Some medical experts urge caution when using these products.

As an alternative, consider these tips to feel revitalized:

1. Eat healthy, nutrient-dense foods. With time at a premium, it may be easier to skip meals or "graze" on whatever food is available. Since food is fuel, it's important to eat balanced meals that provide the right number of calories to maintain a healthy weight. Not eating enough food can mean running out of energy, while eating too much can result in weight gain.
2. Move your body. Experts recommend doing 30 to 60 minutes of moderate-intensity aerobic activity daily in addition to usual movement. Regular exercise conditions the body to build up and store available energy, maintains higher metabolism and allows the body to use energy more efficiently.
3. Get enough sleep. Sleep is

necessary for the nervous systems to work properly. Too little sleep can cause people to feel drowsy or unable to concentrate, and impairs memory and physical performance. Most adults need 7 to 8 hours of sleep every night to feel alive and alert during awake time.

If you feel sluggish and unmotivated during the day, mental and emotional factors may be at play as well. Reach out to your Employee Assistance Program (EAP) to talk with a behavioral health specialist about assessing your needs.

You can also visit the Health Resource Library on the EAP page at www.ndbh.com for more tips, tricks and videos to increase your energy. The free EAP benefit is available to you and your family members.

Source: The StayWell Company, LLC ©2019.

New Directions offers free webinars. Sign up to attend this month's free webinars on Maximizing Your Strengths and Managing Introverts and Extroverts by visiting www.ndbh.com.



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1-877-300-9103
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Online
www.NDBH.com

- ▶ Visit www.NDBH.com;
- ▶ Select the Log In icon;
- ▶ In the Individuals and Families tab select Employee Assistance Program;
- ▶ Enter company code **ARBenefits**.

ARBenefits complies with applicable Federal civil rights laws and does not discriminate based on race, color, national origin, age, disability, or sex. Language assistance services, free of charge, are available to you. Call 1-877-815-1017x1.

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-815-1017x1.